

# Physical Activity and Nutrition Task Force Meeting Minutes

Date: March 20, 2015

Participants Present: Jane Czarnezki, Lynn Stoeveken, Tegan Luccarelli, Beth Nelson

## 1. Introductions and discussion of the Healthiest Cudahy Collaboration

A brief discussion of the Healthiest Cudahy Collaboration and the focus areas for the three Task Forces was presented at the request of members present at the meeting.

## 2. Cudahy Farmers Market Update

Jessica Lopez was unable to attend the meeting.

Katie Gajeski spoke to a representative from the Cudahy Farmers Market committee who offered our task force a display booth. There is concern from Packard Avenue businesses regarding the impact construction will have on their revenues this summer.

## 3. Wheaton Franciscan Medical Clinic Community Gardens Update

Lynn Stoeveken reported the large community garden on the former clinic site is on hold until proper grading and soil can be installed.

She does have an Eagle Boy Scout who promised to build 2- 4x6 raised container gardens to be placed behind the new clinic. Lynn will keep the task force updated.

## 4. Cudahy Light It Up Blue- Autism Speaks and Butler vs. Bullying

An announcement regarding Cudahy Health Department and Healthiest Cudahy Collaboration activities in support for Autism awareness including a “ Team Cudahy” in the 2015 Walk Now for Autism at BMO Harris Bradley Center 3/28/15.

An announcement of Leroy Butler’s presentation against bullying on 4/27/15@ 6:30 pm at Cudahy High School Auditorium with free tickets available at the Cudahy Health Department- Open to the public

## 5. Newsletter for City of Cudahy Employees

Mary presented copies of 1<sup>st</sup> edition of “Do It for Life” newsletter that is planned to be distributed to City of Cudahy employees with April 3, 2015 pay check and then with every first paycheck of the month.

Mary welcomes contributions from task force members related to physical activity or nutrition for the newsletter with the next newsletter to be distributed May 1, 2015.

Contributions from Task Force members can be sent to Mary at [juleenm@ci.cudahy.wi.us](mailto:juleenm@ci.cudahy.wi.us)

Deadline for May 1 newsletter is April 24, 2015

### Action Item:

- Task force members will contribute to newsletter on interval basis

## 6. Report on Cudahy’s participation in South Shore Mayors’ Fitness Challenge

Mary contacted Leslie Flynn from Oak Creek, who reported of the **635** participants, **42** were Cudahy Residents.

- ✓ Two residents, both senior citizens, completed the most events **39** and **41**.

- ✓ Genene Hibbler provided Mary with the list of **40** partners/ businesses who participated in the challenge and **3** were from Cudahy.
- ✓ The challenge ran from September 2014 through January 31, 2015 which all task force members felt was too long.

Task force members discussed ideas for Cudahy's own challenge for its citizens separate from Oak Creek with two shorter intervals Sept 1-Dec 1 and Jan 1-Mar1.

Members felt the initial emphasis should be placed on getting residents more active then weight loss .Members also offered unique ideas for physical activities that would include all family members.

**Action Item:**

- Mary will create list of challenge activities suggested by task force members for final consideration.

Action Item	Status Update
Beth Nelton will share WIC data 0-5 year old children participants	Beth Nelton to complete
Mary Juleen will create list of suggested challenge activities	<b>NEW</b> -Mary Juleen
Beth Nelton will share WIC data on pre-pregnant participants	COMPLETE
All members will contribute articles to newsletter on interval basis	<b>NEW</b> -All Members
Mary Juleen will create a wellness newsletter for employees	COMPLETE
Katie Gajeski will investigate city ordinance on restaurants posting calorie content of menu items	Katie Gajeski to complete
Mary Juleen will contact Leslie at Oak Creek to inquire on number of Cudahy participants in the South Shore Mayor's Challenge	COMPLETE

**Next Task Force Meeting:** Friday, April 17, 2015, 9:00am-10:00am  
Cudahy Health Department 5050 S Lake Drive